



San Dimas Senior Citizen/Community Center



# SILVER TIMES

Vol 45 No 3 201 E. Bonita Avenue San Dimas, CA 91773 (909)394-6290

March 2021

## San Dimas Senior Center

LET'S CELEBRATE

# ST. PADDY'S DAY LUNCH

Free!

DRIVE-THRU

Friday March, 19 2021 | 10:30am-12:00pm

Seniors 55+ Pre- registration required.

Each participant must call in to register

LUNCH WILL INCLUDE CORNED BEEF,  
CABBAGE, CARROTS, RED POTATOES AND CAKE.

To register call 909-394-6290  
Please RSVP by March 15, 2021



Special thanks to Parties Unlimited!

## Featuring Virtual Programs and Classes!



*The San Dimas Senior  
Citizen/Community Center is  
currently closed to the public.  
Staff is available by phone  
Mon-Thurs, 7:30am-5:30pm  
and Fri 7:30am-4:30pm  
Please call  
(909)394-6290  
for updated information.*

## INSIDE THIS ISSUE

|                           |       |
|---------------------------|-------|
| Virtual Seminars          | 2     |
| Free Classes              | 3     |
| Senior Center Happenings  | 4     |
| Upcoming Drive-thru Event | 5     |
| Virtual Social Events     | 6     |
| AARP Tax Services         | 7     |
| SD Cares Project          | 8-9   |
| Calendar                  | 10-11 |
| Chuckwagon Lunch          | 12    |
| Support Services          | 13    |
| LA County Services        | 14    |
| Community Links           | 15    |
| Important Phone Numbers   | 16    |

CITY OF SAN DIMAS SENIOR CENTER

# COVID-19 VACCINE: GET THE FACTS

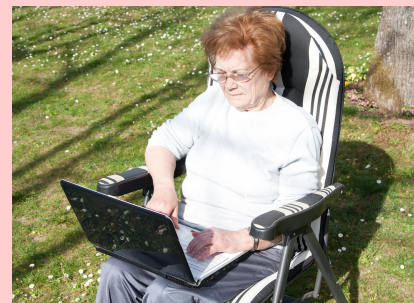
*Virtual Seminar presented by Humana**Get all the latest information about the Covid-19 vaccine***Wednesday, March 31****12:00 pm****Visit - [Humana.com/virtualwellness](https://www.humana.com/virtualwellness)****Click on class link to register, Registration is free!**

For more information, contact the  
San Dimas Senior Center at  
(909) 394-6290

**Humana®**



## **SPRING SESSION** **FEBRUARY 22- JUNE 11, 2021** **FREE REMOTE** **LEARNING FOR** **OLDER ADULTS**



*Due to the COVID 19 pandemic MT SAC Education for Older Adults is offering courses remotely. During this time of physical distancing and uncertainty, it is important to learn new skills, stay mentally sharp and physically healthy. We hope you take advantage of the amazing online courses listed below. You will find the instructors contact information next to each course offering. Please contact the instructor directly via email for course enrollment. **Spring Session Class Schedule listed below***

### **Healthy Aging (Chair Exercise)**

Mon 9:30am Castro, Candice- [ccastro@mtsac.edu](mailto:ccastro@mtsac.edu)

Wed 9:30am Jones, Vanessa- [vjones11@mtsac.edu](mailto:vjones11@mtsac.edu)

Fri 9:30am Overoye, Sage- [soveroye@mtsac.edu](mailto:soveroye@mtsac.edu)

Tues/Thurs 9:00am Furst, Carly- [cfurst@mtsac.edu](mailto:cfurst@mtsac.edu)

Tues/Thurs 6:25pm Cole, Danelle- [dcole18@mtsac.edu](mailto:dcole18@mtsac.edu)

Thurs 11:00am Furst, Carly- [cfurst@mtsac.edu](mailto:cfurst@mtsac.edu)

Mon/Wed 12:30-2:45pm Friedman, Karena- [bkfried@verizon.net](mailto:bkfried@verizon.net)

Tues 1pm Conte, Kelly- [kconte@mtsac.edu](mailto:kconte@mtsac.edu)

Tues 1pm Cardona, Yasmine- [ycardona3@mtsac.edu](mailto:ycardona3@mtsac.edu)

Wed 1pm Williams, Steve- [sowilliams@mtsac.edu](mailto:sowilliams@mtsac.edu)

Tues 9:25am Beightol, Donna- [dbeightol@mtsac.edu](mailto:dbeightol@mtsac.edu)

Fri 8:55am Paphatsarang, Bon- [bpaphatsarang@mtsac.edu](mailto:bpaphatsarang@mtsac.edu)

Mon 5:25pm Stringfellow, Susan- [ssstringfellow@mtsac.edu](mailto:ssstringfellow@mtsac.edu)

Thurs 1:00pm Beightol, Donna- [dbeightol@mtsac.edu](mailto:dbeightol@mtsac.edu)

Tues 12:25pm Miranda, Blanche- [bmiranda22@mtsac.edu](mailto:bmiranda22@mtsac.edu)

Fri 8:55am Miranda, Blanche- [bmiranda22@mtsac.edu](mailto:bmiranda22@mtsac.edu)

Wed 8:55am Miranda, Blanche- [bmiranda22@mtsac.edu](mailto:bmiranda22@mtsac.edu)

Tues 9:00am Bloom, Danielle- [dbloom@mtsac.edu](mailto:dbloom@mtsac.edu)

Fri 12:30pm Espinosa, Laura- [lespinoszarodriguez@mtsac.edu](mailto:lespinoszarodriguez@mtsac.edu)

Wed 5:30pm Purper, Kristen- [kpurper@mtsac.edu](mailto:kpurper@mtsac.edu)

Thurs 9:00am Tom, Aaron- [atom@mtsac.edu](mailto:atom@mtsac.edu)

### **Healthy Aging (Yoga)**

### **Balance & Mobility**

### **Brain Health**

### **Watercolor Painting**

### **Drawing- Beginning/Advanced**

### **Home Gardening**

### **Handcrafted Needlework**

### **Jewelry Production**

### **Sewing and Design**

### **Decorative Art Production**

### **Computer Level 1**

### **Computer Level 2**

### **Computer Level 3**

### **Desktop Publishing & Powerpoint**

### **Mobile Internet Technology**

### **Creative Computing**

### **Digital Photography**



More classes are available. For more information on Mt SAC remote classes please call (909)274-4192 and leave a message.  
Your call will be returned.

San Dimas Senior Citizen/Community Center (909)394-6290





## TUNNEL OF LOVE



On February 10, seniors got a little extra "love" when they drove through to pick up their Wednesday meals. They received candy and a valentine as well as happy greetings from Senior Center staff and the YWCA team.



## SD CARES



Thanks to the generous support of the community, the SD Cares Program continues to offer grocery packages to over 100 seniors in need each week. The San Dimas based Tzu Chi Foundation has supported this program since the beginning, providing boxes of fresh produce and countless volunteer hours.





# UPCOMING DRIVE-THRU EVENT

5

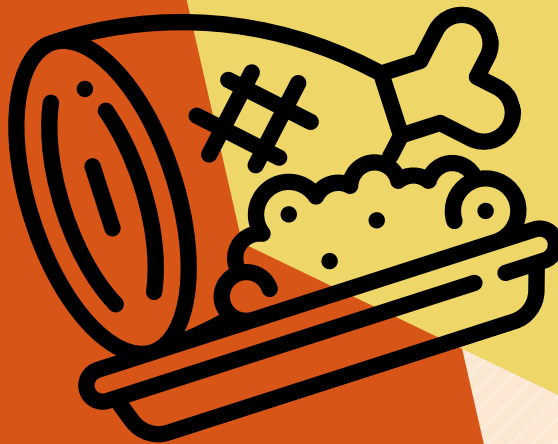
CITY OF SAN DIMAS SENIOR CENTER  
HOT LUNCH DRIVE-THRU

DRIVE-THRU

## HAM FRIDAY

**APRIL 16**

**10:30AM-12:00PM**



**FREE!**

**DELICIOUS HAM LUNCH**  
SCALLOPED POTATOES, GREEN BEANS, APPLE  
SAUCE AND CARROT CAKE

Seniors 55+ pre-registration required.  
Each participant must call to register by 4/12.



To register call San Dimas Senior Center at 909-394-6290  
201 E. Bonita Ave, San Dimas CA 91773



**Join us on Zoom!** If you haven't used Zoom, it's easier than you think and such a great way to stay connected. Simply contact us for the meeting log-in info. Download the Zoom App or type in the website: [zoom.us](https://zoom.us) on your device, then just click "Join Meeting" and enter the meeting ID number we provide. Call us today! 909-394-6290



CITY OF SAN DIMAS SENIOR CENTER

HAPPY HOUR

# Irish Rose St Patrick's Day Mocktail



**THURSDAY, MARCH 11  
AT 3:00PM VIA ZOOM**

SENIORS 55+ REGISTER BY MARCH 8TH  
FREE MOCKTAIL SUPPLIES PROVIDED



FOR MORE INFORMATION CALL 909 394-6290

CITY OF SAN DIMAS SENIOR CENTER

## Virtual Birthday's MARCH, APRIL, MAY

Celebrate your birthday with us via zoom.  
Seniors 55+

**MARCH 11 APRIL 8 MAY 13 @3:00pm**

Birthday cake and your name on a banner via zoom

**Registration is required**

**Call the Senior Center for more information**

**909-394-6290**





## CITY OF SAN DIMAS SENIOR CENTER



# AARP Drive-In Tax Services

**MONDAYS & TUESDAYS  
MARCH 1- APRIL 20**

AARP Tax Volunteers will provide a limited number of no-contact tax appointments in observance of current LA County Covid-19 guidelines.

Appointments will be available to previous San Dimas clients only.

Priority will be given to seniors age 55+ and San Dimas residents.

**APPOINTMENTS ONLY- NO DROP-IN APPOINTMENTS**

Please call the San Dimas Senior Center for more information.

909-394-6290

At the beginning of the Covid-19 Pandemic, the City of San Dimas created the San Dimas Cares Project- Human Service Outreach Program to provide assistance to our senior population. Thanks to the support of the community, this program has been able to provide essential items to many seniors during this difficult time.

## The 3 components of the SD Cares Program are:

**Donations-** The program is still in need of non-perishable foods and canned goods, grocery store gift cards or monetary donations. Food items can be dropped off at the Senior Center/Community Center (North Side Entrance), 10am-4pm on Tuesdays.

**Donated Grocery Assistance-** If you are a San Dimas resident, aged 60 or older and you are in need of assistance, please call 909-394-6290 to register for the SD Cares- Human Services Program. Food is distributed on Thursdays, from 10am-1pm to registered participants. Reservation deadline is Tuesday by 5pm the week of request.

**\$45 Grocery Care Package-** This program is intended to support San Dimas residents, including seniors, those with disabilities and persons with underlying health conditions during the Covid-19 pandemic. Package provides pre-selected essential grocery items that are sourced from an area grocer. Orders can be placed over the phone with a credit card by calling, 909-394-6290. Please see page 9 for more details.



# SAN DIMAS CARES

We are in this together and we will get through this together!

FOR MORE INFORMATION, CALL 909-394-6290





THE SD CARES PROJECT

# Food Donation Drive

Donate non-perishable goods to benefit  
our City's vulnerable residents.  
For more information contact  
909-394-6290

## ACCEPTED FOOD DRIVE ITEMS

CANNED GOODS AND NON-PERISHABLES  
PRE-PACKAGED FOOD  
GROCERY GIFT CARDS  
MONETARY DONATIONS

**WE ARE UNABLE TO ACCEPT EXPIRED ITEMS**

Drop off your non-perishable items at the Senior  
Center/Community Center (North Side Entrance)  
201 E. Bonita Ave.

**Tuesdays 10am-4pm**



10

MONDAY

TUESDAY

Featuring Virtual  
Classes and Programs!

M  
A  
R  
C  
H



9:30am Chair Exercise  
12:30pm Brain Health  
5:25pm Sewing & Design

1

9:00am Yoga  
9:00am Desktop Publishing & Power Point  
9:25am Handcrafted Needlework  
12:25pm Computer-Level 1  
1:00pm Watercolor  
6:25pm Yoga

2

9:30am Chair Exercise  
12:30pm Brain Health  
5:25pm Sewing & Design

8

9:00am Yoga  
9:00am Desktop Publishing & Power Point  
9:25am Handcrafted Needlework  
12:25pm Computer-Level 1  
1:00pm Watercolor  
6:25pm Yoga

9

9:30am Chair Exercise  
12:30pm Brain Health  
5:25pm Sewing & Design

15

9:00am Yoga  
9:00am Desktop Publishing & Power Point  
9:25am Handcrafted Needlework  
12:25pm Computer-Level 1  
1:00pm Watercolor  
6:25pm Yoga

16

9:30am Chair Exercise  
12:30pm Brain Health  
5:25pm Sewing & Design

22

9:00am Yoga  
9:00am Desktop Publishing & Power Point  
9:25am Handcrafted Needlework  
12:25pm Computer-Level 1  
1:00pm Watercolor  
6:25pm Yoga

23

9:30am Chair Exercise  
12:30pm Brain Health  
5:25pm Sewing & Design

29

9:00am Yoga  
9:00am Desktop Publishing & Power Point  
9:25am Handcrafted Needlework  
12:25pm Computer-Level 1  
1:00pm Watercolor  
6:25pm Yoga

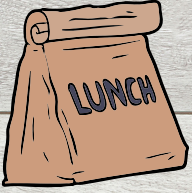
30

| WEDNESDAY |   | THURSDAY |  | FRIDAY                                 |    | 11      |                   |    |
|-----------|---|----------|--|--|----|---------|-------------------|----|
| 8:55am    | Computer- Level 3                       | 3        | 9:00am   | Yoga                                   | 4  | 8:55am  | Jewelry           | 5  |
| 9:30am    | Chair Exercise                          |          | 9:00am   | Digital Photo                          |    | 8:55am  | Computer- Level 2 |    |
| 10:30am   | Lunch- Curbside pick up                 |          | 11:00am  | Balance & Mobility                     |    | 9:30am  | Chair Exercise    |    |
| 12:30pm   | Brain Health                            |          | 1:00pm   | Decorative Art Production              |    | 12:30pm | Mobile Technology |    |
| 1:00pm    | Home Gardening                          |          | 6:25pm   | Yoga                                   |    |         |                   |    |
| 5:30pm    | Creative Computing                      |          |  |  |    |         |                   |    |
| 8:55am    | Computer- Level 3                       | 10       | 9:00am   | Yoga                                   | 11 | 8:55am  | Jewelry           | 12 |
| 9:30am    | Chair Exercise                          |          | 9:00am   | Digital Photo                          |    | 8:55am  | Computer- Level 2 |    |
| 10:30am   | Lunch- Curbside pick up                 |          | 11:00am  | Balance & Mobility                     |    | 9:30am  | Chair Exercise    |    |
| 12:30pm   | Brain Health                            |          | 1:00pm   | Decorative Art Production              |    | 12:30pm | Mobile Technology |    |
| 1:00pm    | Home Gardening                          |          | 3:00pm   | Virtual Happy Hour & Virtual Birthdays |    |         |                   |    |
| 5:30pm    | Creative Computing                      |          | 6:25pm   | Yoga                                   |    |         |                   |    |
| 8:55am    | Computer- Level 3                       | 17       | 9:00am   | Yoga                                   | 18 | 8:55am  | Jewelry           | 19 |
| 9:30am    | Chair Exercise                          |          | 9:00am   | Digital Photo                          |    | 8:55am  | Computer- Level 2 |    |
| 10:30am   | Lunch- Curbside pick up                 |          | 11:00am  | Balance & Mobility                     |    | 9:30am  | Chair Exercise    |    |
| 12:30pm   | Brain Health                            |          | 1:00pm   | Decorative Art Production              |    | 10:30am | Drive-thru Lunch  |    |
| 1:00pm    | Home Gardening                          |          | 6:25pm   | Yoga                                   |    | 12:30pm | Mobile Technology |    |
| 5:30pm    | Creative Computing                      |          |  |  |    |         |                   |    |
| 8:55am    | Computer- Level 3                       | 24       | 9:00am   | Yoga                                   | 25 | 8:55am  | Jewelry           | 26 |
| 9:30am    | Chair Exercise                          |          | 9:00am   | Digital Photo                          |    | 8:55am  | Computer- Level 2 |    |
| 10:30am   | Lunch- Curbside pick up                 |          | 11:00am  | Balance & Mobility                     |    | 9:30am  | Chair Exercise    |    |
| 12:30pm   | Brain Health                            |          | 1:00pm   | Decorative Art Production              |    | 12:30pm | Mobile Technology |    |
| 1:00pm    | Home Gardening                          |          | 6:25pm   | Yoga                                   |    |         |                   |    |
| 5:30pm    | Creative Computing                      |          |  |  |    |         |                   |    |
| 8:55am    | Computer- Level 3                       | 31       | See page 3 for more information on Mt SAC classes! |  |    |         |                   |    |
| 9:30am    | Chair Exercise                          |          |  |  |    |         |                   |    |
| 10:30am   | Lunch- Curbside pick up                 |          |  |  |    |         |                   |    |
| 12:00pm   | Virtual Seminar- Covid-19 Vaccine Facts |          |  |  |    |         |                   |    |
| 12:30pm   | Brain Health                            |          |  |  |    |         |                   |    |
| 1:00pm    | Home Gardening                          |          |  |  |    |         |                   |    |
| 5:30pm    | Creative Computing                      |          |  |  |    |         |                   |    |



# San Dimas/YWCA Lunch Program

## Curb Side Pick Up



Lunch includes 2 boxed lunches, 3 frozen meals,  
and 2 breakfast items.

- When: Wednesdays
- Time: 10:30am-12pm
- Where: San Dimas Senior Center, 201 E. Bonita Ave, San Dimas
- Who: Participants 60+
- Registration: Pre-registration required.

**Currently only accepting reservations from those already registered in the program.**

**For participants on the waitlist, available meals will be distributed in order, from 12pm-12:30pm.**

**To be added to the wait list or for more information,  
contact (909)394-6290**





Senior Services 24-Hour Message Line (626)214-9465

Domestic Violence YWCA-SGV WINGS 24-Hour Help Line (626)967-0658

All face to face case management has been modified to virtual through Zoom and phone calls.

# YWCA CASE MANAGEMENT PROGRAM

Get the assistance you need!

- Advocacy
- Counseling
- Home Delivered Meals
- Homemaking and Personal Care
- Medical Equipment

**FREE!**

eliminating racism  
empowering women  
**ywca**  
San Gabriel Valley

- Social Security, Security Supplemental Income (SSI)
- Housing (based on availability)
- Transportation
- Utility Payment Assistance

Eligibility:

60 years of age and older or disabled adult aged 18-59



## Foothill Family Elder Abuse TREATMENT & SUPPORT

The Elder Abuse Treatment and Support program serves the older adult community, aged 65 and over.

The program is open to individuals and families seeking support to overcome elder abuse in the San Gabriel and Pomona Valleys, Burbank, and Glendale.

All services are confidential and offered **FREE OF CHARGE**, including:

- Crisis Intervention
- Crisis Counseling
- On-scene Crisis Response
- Case Management
- Financial Abuse Counseling
- Legal or Family Law Services
- Personal Advocacy
- Access to Medical Care
- Food Bank Services

For more information or to get started, call Foothill Family at **(626) 993-3000**.



PROGRAM PARTNERS:



Sowing Seeds for Life

## LA County Resources Currently Available

To schedule a vaccine appointment, visit [VaccinateLACounty.com](https://VaccinateLACounty.com) or call 833-540-0473.

For information on “Great Plates Delivered” call 211 or visit the website: [wdacs.lacounty.gov/greatplates](https://wdacs.lacounty.gov/greatplates)

Enter your location into 211.org to find local services, such as nutrition, financial, health care, and housing assistance. Every community has an Aging and Adult Info Line to connect to aging and adult services: 800-510-2020.

Critical Delivery Service for delivery of food and other vital items. 888-863 -7411

Visit the California Department of Aging’s COVID-19 page for a list of resources for older and other at-risk adults.

Do you suspect someone is being neglected or abused? Call Adult Protective Services at 833-401-0832.

Suspect fraud? AARP has a Fraud Watch Network Helpline: 877-908-3360.

Concerned about someone with dementia or Alzheimer’s or their caregiver? Call the Alzheimer’s Association: 800-272-3900.

Reach out to California’s COVID-19 hotline for questions about coronavirus: 833-422-4255 (833-4CA-4ALL).





## MEALS ON WHEELS

Hot lunch delivered by a friendly volunteer to any eligible homebound resident in the San Dimas/La Verne area. Regular and diabetic menus are available.

Monday-Friday

Noon-1:00pm

For meal delivery information, please call Meals on Wheels at (909)596-1828

## YWCA INTERVALE SENIOR SERVICES HOME DELIVERED MEALS

Frozen microwaveable meals delivered once a week to any eligible homebound senior age 60 and over in the San Gabriel Valley area. Seven meals include fresh fruit, milk, bread and margarine. No charge for service: a voluntary confidential donation of \$3.00 per meal is suggested. For meal delivery information, please contact YWCA Intervale Services at (626)960-2995.

## SENIOR HELP LINE

Provides information and assistance to seniors and their families, helping them identify and contact the services they need from an extensive database of agencies serving seniors. (909)626-4600

## HICAP

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800)434-0222

## OMBUDSMAN

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800)434-0222

## CHUCKWAGON NUTRITION

Hot lunches served to individuals 60 years of age and over at the Senior Center, Multi-Purpose Room. Lunch served:

\*Wednesdays

10:30am

Suggested donation is \$3.00 per person (60+ years) and \$5.00 per person (under 60 years). Reservations required at least two days in advance by calling (909)394-6298

**\*Meals only available for pick up on Wednesdays at this time. Please see pg. 12 for information.**

## AGING NEXT (Formerly Community Senior Services)

Many programs available such as: companionship, support groups, counseling, transportation and resource referrals. Contact (909)621-9900.



## POMONA VALLEY TRANSPORTATION INFORMATION

Pomona Valley Transportation Authority (PVRTA) offers transportation programs for the cities of San Dimas, La Verne, Claremont and Pomona

### San Dimas Dial-a-Cab

- Service to the City of San Dimas. Available to all ages within the City.
- Available 24 hours a day
- Fares \$4.00 within the city, \$6.00 to certain medical facilities outside of the city. If you have the ride tickets, it is 3 each way.
- Senior and Disabled fares \$2.50, for rides within the City or to the extended boundary limits. If you have the ride tickets, it is 3 tickets each way.
- Extended boundary for senior or disabled: W to Grand Ave, E to Garey Ave, N to Foothill Blvd, S to 10 Frwy and Cal Poly.
- Curbside pickup typically within 45 minutes of your request. If using a wheelchair, inform the operator at the time you make the reservation.

### Get About

- Available to Seniors and Disabled persons living in the 4 cities served.
- Hours: Weekdays 6:00am-7:30pm  
Saturday 8:30am-5:30pm  
Sunday 7:30am-5:00pm
- Fares \$1.00 or 1 ride ticket each way. Extended boundary is \$2.00 each way or 2 tickets.
- Travel anywhere within the 4 cities. Also, includes Montclair Plaza and Montclair Medical Center.
- Extended boundaries to certain other locations.
- Door to door service.
- Reservations at least 1 day or up to 7 days advance of your trip.
- You must register prior to making reservations.

**San Dimas Dial-a-Cab**  
(909)622-4435

**To register call: (909)596-7664**  
**To reserve rides call: (909)596-5964**



# Senior Center Mission Statement

*The San Dimas Senior Citizen/Community Center is dedicated to offering services, events and activities that help enrich the lives of our community's older adults. We accomplish this in collaboration with different agencies to provide a menu of services such as nutrition, health information, recreation classes, life-long learning opportunities and special events within a fun and welcoming environment.*



## IMPORTANT PHONE NUMBERS

|                               |              |                                 |              |
|-------------------------------|--------------|---------------------------------|--------------|
| A.A.R.P                       | 800-424-3410 | HUD- Housing Authority          | 626-262-4510 |
| Access Transportation         | 800-827-0829 | Humane Society (SPCA)           | 909-623-9777 |
| Adult Protective Services     | 800-992-1660 | In-Home Support Services        | 888-944-4477 |
| Aging Next                    | 909-621-9900 | Intervale Home Delivered Meals  | 626-960-2995 |
| American Cancer Society       | 626-966-9994 | Library- San Dimas              | 909-599-6738 |
| Center for Health Care Rights | 800-824-0780 | Meals on Wheels                 | 909-596-1828 |
| Chamber of Commerce           | 909-592-3818 | Medicare                        | 800-633-4227 |
| Chuckwagon Meal Reservations  | 909-394-6298 | Metro Access Services           | 800-827-0829 |
| Center for Disease Control    | 800-232-4636 | Mt. San Antonio College (x5117) | 909-594-5611 |
| City Hall- San Dimas          | 909-394-6200 | Ombudsman (Long-Term Care)      | 909-394-0416 |
| Dial-a-Cab                    | 909-622-4435 | Post Office- San Dimas          | 909-599-0651 |
| Edison- Power Outages         | 800-611-1911 | Recreation Center               | 909-394-6283 |
| Elder Abuse Hotline           | 800-992-1660 | Ready Now Transportation        | 909-770-8038 |
| Eldercare Locator             | 800-677-1116 | Senior Help Line                | 909-625-4600 |
| Fair Housing Association      | 800-225-5342 | Senior Information Assistance   | 800-510-2020 |
| Fire Department- San Dimas    | 909-599-6727 | Sheriff's Station- San Dimas    | 909-450-2700 |
| Get About Reservations        | 909-596-5964 | Social Security                 | 800-772-1213 |
| Graffiti Hotline              | 626-442-6666 | SGV Vector Control              | 626-814-9466 |
| Historical Society            | 909-592-1190 | Volunteers of America           | 909-593-4796 |
| House of Ruth                 | 877-988-5559 | YWCA Case Management            | 626-960-2995 |



### City of San Dimas

Parks & Recreation Department  
San Dimas Senior Citizen/Community Center  
201 E. Bonita Avenue, San Dimas, CA 91773

Monday-Thursday, 7:30am-5:30pm  
Friday 7:30am-4:30pm

San Dimas Senior Citizen/Community Center  
(909)394-6290  
Parks & Recreation Department  
(909)394-6230

